VANCOUVER metro®
Wednesday, January 11, 2012
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News worth sharing.

▶ Ria Renouf, niece of hit-and-run victim Virginia Itubay, speaks at a press conference Tuesday in Burnaby following the arrest of the man accused in the fatal accident.

PHYLICIA TORREVILLAS/METRO

Arrest in fatal hit-and-run

Death of Virginia Itubay 'extinguished one of the lights that made our family shine so brightly,' niece says

Ria Renouf says she is relieved to be getting some closure after the arrest of a man accused in the 2010 hit-and-run death of her aunt Virginia Itubay in Burnaby.

Vincenzo Moscato Peragine, 29, of Coquitlam is charged with leaving the scene of an accident causing death to escape criminal and civil liability.

Mounties also displayed the black 1993 BMW allegedly involved in the fatal accident.

Itubay, 73, was struck by a vehicle — described at the time as a black older-model BMW — on Jan. 21, 2010, at 3:30 p.m. while crossing the intersection of Willingdon Avenue and Kitchener Street. She died in hospital the next day.

Itubay's body was flown back to her native Philippines for burial.

Renouf said it is believed her aunt, who she described as a "warm, loving and happy woman," was on her way home from either grocery shopping or church when she was hit.

"There isn't even a word to sum up what I felt," she said about learning of the arrest Monday. "I was happy, I was upset, questions of why came back again.... I woke up and I thought, It's going to be a good day because now we're starting to get all this closure that we so desperately wanted."

RCMP Insp. Tim Shields said Peragine is not known to police and alcohol was not a factor.

There is no indication the collision was anything more than an accident, he added.

But Shields said police believe that there was significant damage to the suspect car that has been repaired.

Peragine's next appearance in court is scheduled for Jan. 31.

PHYLICIA TORREVILLAS

Raymond seals Canucks shootout win in Tampa Bay {page 21}

Local

Chopra yoga calls Vancouver home

New studio opens {page 4}

Dish

Jay, B splash cash on baby daughter

$1.5M for Blue Ivy {page 13}

Travel

Go small for your cruise-ship trip

Luxury vacation {page 14}

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As the price of gold reached a record high, the Better Business Bureau warned sellers across B.C. to beware of scammers hoping to rip off people cashing in. Prices for the precious metal have soared over $1,700 an ounce, and BBB President Lynda Pasacreta says that she's seen a corresponding increase in people falling victim to unscrupulous buyers. *"We've noticed that, especially in the online world, people are sending in their gold, and then they're either being disappointed with the price they're being quoted or they're not hearing anything -- [the gold] just kind of disappears,"* she told CTV News. *"The BBB is currently handling 19 complaints against a single gold-buying company in mainland B.C."* There are no complaints about J&M. We are well known to pay the best prices in town.

See the CTV interview online at:
http://www.bullioncoinsandbars.com/article-2011-08-09-bbb.htm

See the Global TV BC segment on record gold prices, including a visit to J&M's Vancouver store at:
http://www.bullioncoinsandbars.com/article-2011-07-18-record.htm

Below is a direct, real comparison of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer

Item/Description	They Pay	J&M Pays
10kt scrap gold, per gram	$17.20	$18.44
14kt scrap gold, per gram	$24.00	$25.90
1 oz. Recognized Gold Bar	$1,583.00	$1,741.33
1 oz. Gold Maple Leaf Coin	$1,670.00	$1,752.20
Sterling Silver, per Gram	$0.58	$0.76
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.70	$17.31

Gold Coins and Bars

1 oz. modern, sealed bars	$1,741.33
1 oz gold Maple Leaf	$1,752.20
1 oz. Krugerrand	$1,694.83
Sovereign	$396.91

Silver Coins and Bars

1 oz. silver bar	$33.43
10 oz. silver bar	$337.44
100 oz. silver bar	$3,283.10
1 oz. silver Maple Leaf	$33.79

Canada Collector Coins

1948 $1	$900.00 and up
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1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$10.56
Canada 1967	$13.49
Canada 1966 and earlier	$17.31
USA 1964 and older	$21.01

Scrap Gold *Per gram*

10kt	$18.44
14kt	$25.90
18kt	$33.37

Prices in this ad based on gold @ U$1,713.62 and silver @ U$32.065 and a USD/CAD exchange rate of 1.0241 on December 9, 2011, the day this ad was created.

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TransLink aiming to raise fares 12.5%

TransLink wants to raise all transit fares in the Lower Mainland by an average of 12.5 per cent at the start of next year, the TransLink Commission said Tuesday.

For cash fares, the proposed increases would see adult single-zone fares raised 25 cents to $2.75 and adult two- and three-zone fares by 50 cents to $4.25 and $5.50 respectively.

Faresaver tickets would also increase by the same amount to $2.50 for single zone and $4 and $5 for two- and three-zone passes.

If approved, the new fares would take effect Jan. 1, 2013. METRO

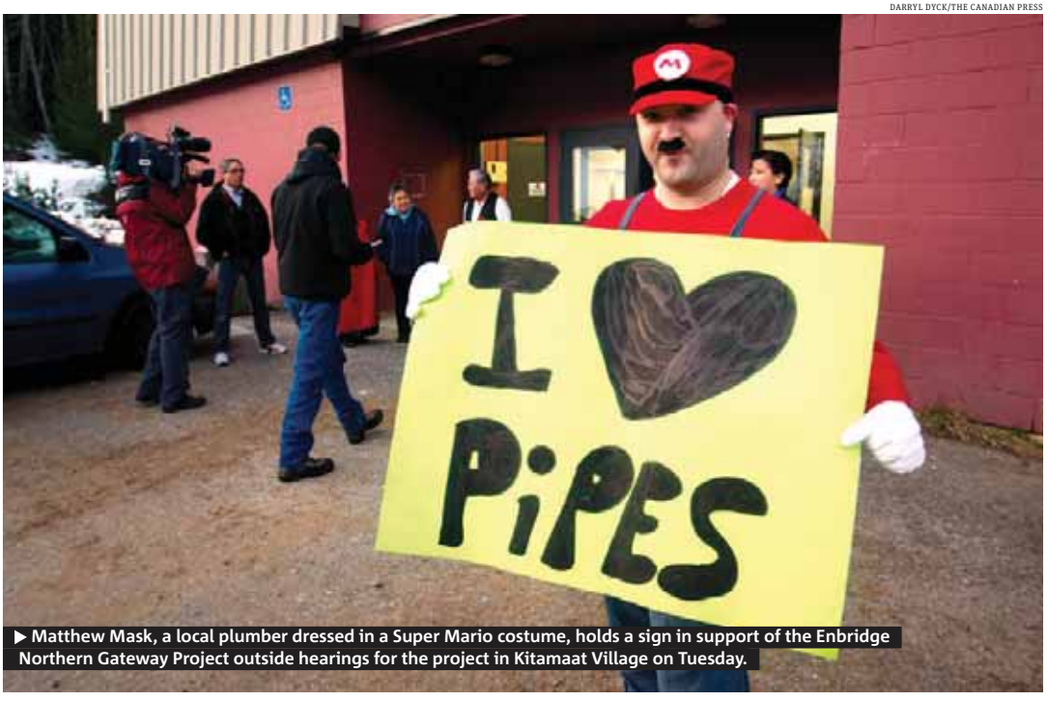
JEFF HODSON/METRO FILE

▶ A SkyTrain

B.C. economy sound, says Falcon

Finance Minister Kevin Falcon says world economies may be suffering, but B.C. is well-positioned to stay afloat. He told business leaders in Vancouver Tuesday that B.C. is doing relatively well because its exports are tied to Asia's growing economies and international investors see the province as a financial safe haven. THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS



▶ Matthew Mask, a local plumber dressed in a Super Mario costume, holds a sign in support of the Enbridge Northern Gateway Project outside hearings for the project in Kitamaat Village on Tuesday.

Pipeline puts aboriginals at risk, chiefs say

◗ Public-relations battle surrounding the Enbridge project continues
◗ Hearings continue Wednesday in Kitamaat Village

Aboriginal chiefs say the Northern Gateway project puts their people in the crosshairs of possible disaster and they must put threats to their homes and their children's future ahead of job prospects that might come from the pipeline.

"The Haisla are facing a double-barrelled shotgun by the bringing of that oil by pipeline and shipping it by sea," Hereditary Chief Ken Hall told the opening day of environmental hearings into the project.

"The pipeline threatens our grandchildren," he said Tuesday. "It's going to be terrifying if everything disappears in our community."

Added Haisla Nation Chief Ellis Ross: "Please don't consider the Haisla as collateral damage to get this (oil) product to Asia."

The chiefs were among several First Nations leaders speaking in the village of Kitamaat at the start of federal hearings on the Enbridge Inc. project, which would deliver oil from Alberta to a port in the nearby municipality of Kitimat for export to Asia.

Like Hall, the other aboriginal speakers voiced concerns that the project presents a double danger to their community, with the threat of a pipeline break and an oil-tanker spill.

Days before the hearings began, environmentalists issued polls suggesting Canadians are opposed to tanker traffic along B.C. coastlines.

Meanwhile an open letter from the federal natural resources minister referred to some of them as "radicals" backed by big U.S. money and naive celebrities.

THE CANADIAN PRESS

1 news

Hatchet Job of the Year awards honour the fine art of the merciless book review. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A Polish military official explains why he ended a press conference with a failed suicide attempt. More at metronews.ca/video

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CONSUMER CHOICE AWARD 2011

Yoga fit for Deepak

- Spiritual leader picks Vancouver for first yoga studio
- Chopra Yoga Center now open on Granville Street

JENNIFER KWOK/FOR METRO

▶ People try out the new Chopra Yoga Center in Vancouver Tuesday.

MATT KIELTYKA
@METRONEWS.CA

Yoga and Vancouver enjoy a harmonious relationship.

You can't go more than a few blocks in any given direction without stumbling upon a studio, so what's one more?

The city's newest yoga studio has set itself apart from the rest by bearing the name of one of the world's most recognized spiritual leaders — Dr. Deepak Chopra.

The Chopra Yoga Center on 451 Granville St. officially opened its doors Tuesday, promising to integrate Chopra's "Seven Spiritual Laws of Success" into every facet of the studio's teachings.

"We met with Dr. Chopra, wondering if he could advise us and guide us (in opening a yoga business)," said Houra Moslehi, co-owner of the studio. "The more we talked the more we felt we were on the same path. He recognizes that when you practise yoga, you feel the peace. Life is busy, what we try to offer is peace for a few hours of the day, to forget about the ordinary."

The 8,000-square-foot studio offers yoga, Pilates, dance and meditation classes.

The centre is the very first in an international chain of studios Chopra hopes to open.

That speaks volumes about the way Vancouver has embraced yoga, according to Moslehi.

"People in Vancouver, it's in their blood. They are calm people," she said. "They seem like the type of people who have spirituality in their character, you don't see that in some other parts of the world."

Delta plans to curb rabbit population

STUART FRANKLIN/GETTY IMAGES

Scores of rabbits will be captured, sterilized and released back into the wild to help curb skyrocketing feral populations in Delta.

Mayor Lois Jackson and Delta council voted to endorse the management plan Monday night, which will see staff capture 25 rabbits a month, sterilize the animals and release them at Ladner Harbour Park.

The five-month plan is expected to cost the corporation $60,000 — a small price compared to the damage the feral rabbits are doing to landscaping and building foundations at the Ladner Leisure Centre, Delta Sports Development Centre and the Delta Hospice, according to the mayor's office.

The corporation believes there are more than 500 rabbits living around the civic precinct, many of them being abandoned pets.

The Delta Community Animal Shelter says that the rabbit population is growing at "uncontrollable rates."

"If nothing is done to control the feral-rabbit population, we could see the colony grow by 20 per cent every year and double within five years," said shelter manager Sarah Lowe.

A public-education campaign is also in the works to discourage pet owners from abandoning their rabbits in the wild.

The sterilized rabbits will also be offered up for adoption through the shelter.

MATT KIELTYKA

Girl made up knife assault, police say

JENNIFER KWOK/FOR METRO

▶ Police at Sir Charles Tupper.

A knife attack on a 14-year-old girl at Sir Charles Tupper Secondary in Vancouver Monday was made up, police reported Tuesday morning.

The girl, who received stitches at BC Children's Hospital, admitted to investigators that there was no attack and that the wound was self-inflicted. The girl had also claimed her hair had been cut in the fake attack.

"Based on interviews and follow-up, police now believe that there was no altercation and are no longer searching for any suspects," Const. Lindsey Houghton said in a release Tuesday.

Police said they were working with the Vancouver School Board to assist the girl and her family.

METRO

Penticton to cull mule deer

A deer cull has been approved in Penticton.

Mayor Dan Ashton says councillors in the southern Okanagan city will follow the lead of communities such as Cranbrook and Kimberley and target aggressive and habituated mule deer.

A date for the cull has not been confirmed and the number of deer to be taken is not yet set.

This is the second time Penticton has approved measures to get rid of deer that munch through area gardens or lash out with their hooves at passing dogs or humans.

A planned cull was postponed in December as newly elected councillors gathered details about traps supplied by the ministry and use of the meat — which will be donated to Salvation Army kitchens.

THE CANADIAN PRESS

Pickton inquiry continues

The inquiry into the handling of the Robert Pickton serial murder probe resumes today with testimony from a senior RCMP officer.

Supt. Bob Williams wrote a report in 2002 saying Mounties pursued Pickton as well as they could despite limited resources.

Williams' report said none of the officers would have changed their handling of the case — in sharp contrast to a report from Vancouver police, which said the RCMP let the investigation sit idle for months and botched an interrogation of Pickton.

THE CANADIAN PRESS

Thieves may have scored private info

A weekend break-in at the University of Victoria may have left thousands of UVic employees vulnerable to identity theft.

Saanich police say more information is expected to be released, but they confirmed the private details of as many as 11,000 people may have been compromised.

Thieves got away with loot including electronic devices containing banking details or social-insurance numbers of thousands of current and former workers.

THE CANADIAN PRESS

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Puerto Plata 7 Nights 4-Star	from $727 + taxes & fees $376
Varadero 7 Nights 4-Star	from $745 + taxes & fees $286
Jamaica 7 Nights 4-Star	from $769 + taxes & fees $337

March Break

Los Cabos Air + 7 Nights
4-Star All-inclusive
from $789
+ taxes & fees $340

Anaheim Air + 5 Nights — from $379 + taxes & fees $130
INCLUDES accom near theme parks. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $205/adult, $189/child (ages 3-9).

Honolulu Air + 7 Nights — from $929 + taxes & fees $146
INCLUDES central accom near Waikiki Beach.

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Mexican Riviera
7-Night Cruise — from USD $389 + taxes & fees USD $56
CRUISE roundtrip Los Angeles and visit Cabo San Lucas (overnight) and Puerto Vallarta. UPGRADE to oceanview stateroom for $17 per night.

Las Vegas

Las Vegas Air + 3 Nights
4-Star + Cirque du Soleil
from $389
+ taxes & fees $132
INCLUDES accom on the Strip. BONUS tickets to select Cirque du Soleil or other Las Vegas show included.

Las Vegas Air + 4 Nights — from $199 + taxes & fees $118
INCLUDES roundtrip airport transfers and accom on the Strip. UPGRADE to 4.5-star accom from $30 per night.

Las Vegas
Air + 2 Nights + 4-Night Cruise — from $569 + taxes & fees $186
INCLUDES all airfare, 2 nights on the Las Vegas Strip and 4-night Pacific Coastal cruise sailing from Los Angeles to Vancouver visiting Victoria. UPGRADE to oceanview stateroom and 4-star accom from $29 per night.

Family Vacations

Anaheim
Air + 4 Nights
from $209◊
+ taxes & fees $122
INCLUDES accom near theme parks. Price per person based on family of 4. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $205/adult, $189/child (ages 3-9).

Orlando Air + 7 Nights — from $549◊ + taxes & fees $134
INCLUDES accom near major attractions. Price per person based on family of 4.

USA

Palm Springs
Air + 4 Nights 4-Star — from $549 + taxes & fees $117
INCLUDES downtown accom near attractions. ADD 4-day car rental with unlimited mileage from $25 per day.

New York City Air + 3 Nights — from $728 + taxes & fees $170
INCLUDES Times Square accom. UPGRADE to 4-star accom from $40 per night.

Honolulu Air + 7 Nights — from $779 + taxes & fees $128
INCLUDES central accom near Waikiki Beach.

Maui & Oahu Air + 7 Nights — from $1239 + taxes & fees $146
INCLUDES all airfare, 4 nights Kihei accom in Maui and 3 nights Waikiki accom.

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Disneyland

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KENDRA WONG/FOR METRO

▶ Sen. Larry Campbell takes a ride in a fire engine yesterday.

Firefighters head south for winter

Vancouver firefighters and Sen. Larry Campbell will travel to Central America to donate fire equipment

Local firefighters are heading south on a week-and-a-half-long excursion to Central America to donate much-needed equipment to local fire services.

Fourteen Lower Mainland firefighters will fly to El Salvador, Paraguay and Peru on Jan. 23 as part of the annual Firefighters Without Borders Canada (FWBC) program.

During the 10-day-long trip, firefighters will donate fire equipment to the National Fire Service of El Salvador.

In addition, they will provide training programs including a live burn scenario.

10

Number of days firefighters spend on their trip to Central America as part of the annual Firefighters Without Borders Canada program.

"We go there every year. After a flood, we see the effects — entire houses were wiped out, we see the devastation," said Kim Saulnier, treasurer for FWBC. "We seek to enhance their response capabilities by supporting emergency services in those countries."

This year, the group will be joined by Sen. Larry Campbell, who played an instrumental role in donating three fire engines to the country in 2008.

Campbell hopes to cross "putting a fire suit on" off his bucket list, he added.

The deployment marks FWBC's fifth trip to El Salvador, third to Paraguay and second to Peru.

KENDRA WONG

More than 200 schools across Canada to party like it's 1815

Schools across the country will be partying like it's 1815 in celebration of the life and legacy of Canada's first prime minister, Sir John A. Macdonald.

On Wednesday, Heritage Minister James Moore will join 318 students at Caulfield Elementary School in West Vancouver, along with 199 other Canadian schools, to take part in the first-ever nationwide celebration of Macdonald's birth.

"Our government is committed to educating all Canadians on the importance of Sir John A. Macdonald's defining role in our history, by celebrating his life and accomplishments and how they have shaped the Canada we know today," said Moore.

According to Jeremy Diamond, director at the Historica-Dominion Institute, an organization dedicated to history and citizenship in Canada, only 40 per cent of people surveyed by the organization can name the country's first prime minister.

"That's disturbing. This is a significant historical figure in Canadian history," he said.

To engage people of all ages, schools are tasked with throwing the ultimate bash on Macdonald's 197th birthday.

"We want (students) to learn about the impact that John A. had," Diamond added.

Hooray for John A.

- Through the Sir John A. Day project, The Historica-Dominion Institute strives to raise awareness about the life and legacy of Sir John A. Macdonald, a father of Confederation and Canada's first PM.
- "John A. was many things — charming, controversial, and central to the birth of Canada. We want to see that legacy studied and celebrated in classrooms," says the institute's Jill Paterson.

He hopes to continue this tradition annually, leading up to Macdonald's 200th birthday in 2015.

KENDRA WONG

Fire sends four to hospital

An early-morning fire in Vancouver sent four people to hospital Tuesday morning and left two pets dead.

Vancouver Fire and Rescue Services was called to a fire on the sixth floor of an apartment in the 1500 block of West 1st Avenue at 6:47 a.m. The fire was extinguished quickly, but there was extensive damage. KENDRA WONG

Thieves eye garage-door openers

Thieves are breaking into Abbotsford homes — for garage-door openers.

During two incidents on Sunday and Monday, an 81-year-old woman and 20-year-old man had their cars broken into and garage-door openers stolen. Police believe thieves identified the woman's address from insurance papers left in her car.

KENDRA WONG

Coroner called in trailer collisions

Several semi-trailers slammed into each other on the Coquihalla Highway overnight Monday, closing the route for several hours.

The coroner has been called to the scene after six or seven big rigs collided in slippery, snowy conditions just south of Merritt. THE CANADIAN PRESS

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393

Mom crushed to death

South African dies in crowd during university-application frenzy

Women screamed, but the crowd of South Africans desperate for a chance to study kept pushing at the university gate. Tuesday's stampede killed a mother who had accompanied her son to an in-person application day at the Johannesburg campus, and two other people were seriously injured, officials said.

Thousands of young South Africans and their parents had begun gathering at the University of Johannesburg campus on Monday to seek admission. Space was limited, a symptom of a larger crisis in South African education and perhaps contributing to a sense of desperation on Tuesday. Many would-be applicants had only learned they were eligible for further study after getting results from national high school final exams last week, and university classes start next month.

Desmond Mlangu, a prospective student, said he witnessed the "traumatizing" scene.

He said those at the back of the crowd did not seem to realize what was happening at the gate.

Tendai Nembidzane, head of the university's student council, said student council members later took the dead woman's son to their campus office to be comforted. Vice chancellor Ihron Rensburg said the man and others affected by the stampede would be offered counselling.

The trouble erupted shortly before the gate was scheduled to open at 8 a.m. Hours later, shoes and other debris were strewn at the site. People remained in line, still seeking to study.

THE ASSOCIATED PRESS

Schools under strain

Across South Africa, universities are under strain as prospective students seek a better life as professionals in a nation beset by high rates of poverty and unemployment. The government hopes to expand universities over the next decade.

ADRIAN DE KOCK/THE ASSOCIATED PRESS

▶ Thousands of young students and their parents push their way into the gates, causing a stampede at the University of Johannesburg on Tuesday.

Residents die in Brazil mudslides

A mudslide caused by two days of downpours has killed at least 13 people in a small town in southeastern Brazil, and another 11 are listed as missing, the head of the Rio de Janeiro state civil defence department said Tuesday.

Sergio Simoes told CBN radio that five bodies were pulled from beneath tons of mud and debris on Tuesday, bringing the death toll in the Jamapara district of Sapucaia city to 13. Eight bodies were found on Monday.

Among the missing are five members of a family whose car was caught in the mudslide as they were trying to get away from the area.

Simoes said mud loosened by the rains swallowed at least nine houses built on the hillside.

"This is a very difficult area, where another mudslide could happen at any moment," he told CBN.

Floods elsewhere in the state forced more than 30,000 people to flee.

Nearly 1,000 people died last year around this time when torrential rain unleashed avalanches of mud in Rio's mountains.

THE ASSOCIATED PRESS

VICTOR R. CAIVANO/THE ASSOCIATED PRESS

▶ A firefighter takes a dog downhill at the site of a mudslide in Jamapara, Rio de Janeiro state, on Tuesday.

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Theatrical testimony at Shafia murder trial

Yahya claims honour killing is a new concept to her ◆ Crown argues father knew of daughters' boyfriends

▶ Tooba Mohammad Yahya and her son Hamed Shafia are escorted to the courtroom at the Frontenac County Courthouse in Kingston on Tuesday.

A courtroom in Kingston was witness to dramatic legal theatre Tuesday, as a woman accused in a so-called quadruple honour killing was confronted with a video appearing to directly contradict her testimony.

Tooba Yahya, 42, is one of three family members accused of killing her three daughters and her husband's other wife. She is taking the stand in her own defence this week.

The Crown alleges the killings were precipitated by family anger, in particular from patriarch Mohammad Shafia, that daughters Zainab, 19, and Sahar, 17, had boyfriends. The family said that Zainab was forgiven and Shafia didn't know Sahar had a boyfriend until after her death.

Shafia found out, Yahya testified, when he discovered a photo album containing pictures of Sahar and her boyfriend on July 5 or 6, 2009, following the deaths on June 30. So why, Crown attorney Gerard Laarhuis asked Yahya, were there video clips from days earlier showing Shafia thumbing through that same album? "Sir, if I show my home to you I have tons of albums that are all the same," she replied.

The three daughters and wife were found in a car at the bottom of a canal in Kingston. THE CANADIAN PRESS

The lie

- **In an interrogation,** Yahya told police they were at the scene the night of the deaths. She said all she knew was that she heard a splash, fainted and woke up later in a motel.
- **She testified Tuesday** that was a lie, made up to protect Hamed.

PM. Plasticized

▶ An ad featuring a Lego figurine made up to look like the PM, next to the real deal, was posted to Kijiji.com.

CONTRIBUTED

Lego my Harper boy toy

Ian, an Ottawa public servant who did not want his last name published, built a miniature Harper figure while playing with his daughters' toys and decided to post an ad to Kijiji on Friday. The toy has a $50 price tag. If it sells, Ian says he will donate the money to a local charity — most likely the Ottawa Food Bank.

Four dead in northern Ontario airplane crash

Plane caught fire after crashing, transportation safety board rep says

ELISHA DACEY
@METRONEWS.CA

METRO CANADA IN WINNIPEG

Four people are dead and one was airlifted to hospital after a Winnipeg Keystone Air flight carrying five people crashed in northern Ontario Tuesday morning.

Peter Hildebrand, regional operations manager for the Transportation Safety Board of Canada, confirmed three passengers and the pilot perished when the lightweight Piper PA 31 plane slammed onto North Spirit Lake, nearly a kilometre from the airport at North Spirit Lake reserve.

The crash happened just after 10 a.m., said Hildebrand, adding it was his understanding the plane caught fire after crashing.

A person reached at the Thunder Bay Aboriginal Strategies Inc. office, speaking on condition of anonymity, confirmed two of its employees, Colette Eisinger and Ben Van Hoek, died in the crash. No one answered the phone at ASI's downtown Winnipeg office.

A North Spirit Lake resident by the name of Martha Campbell also died. The name of the pilot and the name of the male survivor have not been released.

Band councillor Maggie Kakegamic said the lone survivor is a friend of hers, but didn't know the extent of his injuries or his prognosis.

"I went and saw him. He said, 'I'll be OK.' I hope he is. He's one of our workers. They're monitoring him right now."

George Riopka, spokesman for Keystone Air Service, said details were sketchy. It was too soon to know whether the crash was caused by mechanical failure, he said.

Witnesses said the plane was trying to land during a severe snowstorm, but Riopka said there was nothing to indicate the weather was poor.

Hildebrand said the board will have more information Wednesday. Access to the reserve is available only by winter roads and plane.

WITH FILES FROM THE CANADIAN PRESS

Teens charged in reserve shooting

IAN JACKSON/THE CANADIAN PRESS

▶ Charmaine Yellowbird, mother of shooting victim Ethan Yellowbird, 5.

Chief Marvin Yellowbird hopes members of his reserve in central Alberta will keep talking with police so more arrests are made in unsolved crimes, just as they have been in the killing of his five-year-old grandson.

RCMP announced Tuesday they have charged three teenage boys with manslaughter in last summer's fatal shooting of Ethan Yellowbird. The boy was sleeping in his bed when a bullet fired from outside his bedroom wall struck him in the head.

It was the second shooting that day on the Samson Cree reserve, one of four that make up the crime-troubled Hobbema community about an hour's drive south of Edmonton.

RCMP said two of the accused have appeared in court and a warrant has been issued for the third. He is believed to be in Edmonton or nearby Red Deer.

THE CANADIAN PRESS

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If you build it, they may not come: Banks

- Economists warn of overbuilding in condo market
- Demand decline could lead to easing of home prices

The robust Canadian housing sector, especially the booming condo markets in Vancouver and Toronto, could be at risk in 2012, say the heads of some of Canada's biggest banks.

Gordon Nixon, president and CEO at Royal Bank, told a banking conference Tuesday that the Canadian housing market could be headed for a slowdown, led by Vancouver and Toronto.

"When you look at the condo side, there is probably vulnerability.... It is the area which is most vulnerable with respect to Canadian housing," he said.

Bank of Montreal president CEO Bill Downe agreed there is a risk of a downturn, saying the best hope is for a soft landing.

"There is no question that the warning signs around the Canadian housing market have been visible for more than a year," he said, also mentioning Toronto and Vancouver.

He said investor-owned properties are a concern because there is a buildup of supply based on investor expectations that there will always be demand.

Downe said the hope is that the housing market will plateau and the system will absorb the excess supply built up in those two cities.

Data showed that housing starts rose more than expected in November to more than 200,200 units, with condos in Toronto and the Atlantic region leading the way. The influx of multi-unit construction has led some economists to warn of overbuilding, which could leave a glut of unsold homes. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. TUESDAY

TSX	Dollar
+ 7.394 (12,270.66)	+ 0.57¢ (98.33¢ US)
Oil	**Natural gas**
+ 93¢ US ($102.24 US)	$3.00 US (- 0.9¢ US)
	Gold
	$1,631.50 US (+ $23.40 US)

Defect. Redesign

▶ Boeing employee Brian Rothwell displays redesigned flooring, which has decreased defects, on the 737 plane production line at the company's Renton, Wash., factory on Tuesday. Boeing celebrated the increase in production rate of 737 line to 35 planes per month at the Renton factory.

STEPHEN BRASHEAR/THE ASSOCIATED PRESS

Boeing boosts production on 737

Google gets personal on Plus network

Google is sifting through the photos and commentary on its blossoming social network so its Internet search results can include more personal information.

The additional personal touches mark another step towards one of Google's most ambitious goals — to know enough about each of its users so it can tailor its results to fit a unique person's search interests.

Google Inc. is now importing content from its six-month-old Plus service, a product introduced to counter the popularity of Facebook and Twitter. The preferential treatment for Plus might amplify concerns about the objectivity of Google's search results. THE ASSOCIATED PRESS

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January

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FAT CHANCE FOR MINISTRY OF CHILDHOOD OBESITY

JUST SAYIN' ...

PAUL SULLIVAN
METRO

What's the matter with kids today?

Well, they're fat and getting fatter. According to the Canadian Childhood Obesity Foundation, 26 per cent of the little darlings between the ages of two and 17 are overweight or obese.

In 1978, the number was 15 per cent, so the problem is getting heavier, so to speak.

In case you're not clear on the terms, overweight is fat and obese is fatter.

So now that Canadian parents are raising a generation of porkers, what do we do about it?

Well, we don't do anything. Instead we demand that the government do something. It's the Canadian way.

"An Ipsos Reid poll published this week shows that a big fat majority of Canadians want the government to: pass a law requiring fast food restaurants to list calories, fat and sugar content on their menus ..."

An Ipsos Reid poll published this week shows that a big fat majority of Canadians want the government to: pass a law requiring fast-food restaurants to list calories, fat and sugar content on their menus (90 per cent); restrict the marketing of high fat, sugar and salt content foods to children (80 per cent plus) or ban it altogether (two-thirds).

And they want "resources" to help parents and children become active and healthy. I guess the 52 million plus results on Google aren't enough.

Let me help. You go to Google, type in "childhood obesity in Canada" and the first thing that comes up is the Childhood Obesity Foundation website, and on every page — you can't miss it — is the solution, called Four Simple Steps: Five fruits and vegetables a day; two hours of screen time or less per day; one hour of physical activity a day; zero sugar-sweetened beverages per day.

That's it. No need for government "resources" (code word for money); no need for a Ministry of Childhood Obesity overstuffed with civil servants telling you and your kids how to eat.

It's time to go on a government diet. Instead of looking for a Super Nanny State to take care of your kids, just follow the Four Simple Steps. I guarantee that if every kid follows the plan, there will be no childhood obesity.

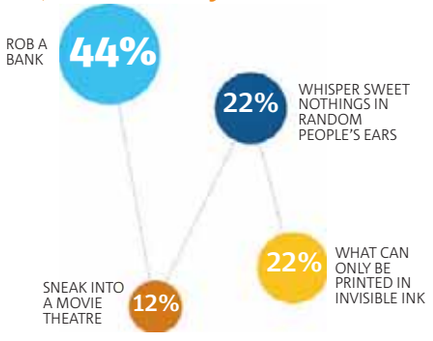
Of course, the real problem is sitting on the couch reading this column. Almost 60 per cent of Canadian adults are overweight or obese (Remember? Fat and fatter?) It's do as I say, not do as I do, and you know where that gets you.

I'm no better than you are. My own kids are still recovering from a fast-food childhood. Not to mention their parents. But, really, it's time to stop looking for scapegoats and "resources." As that skinny Euro guy on the bank commercials might say: Save your kids.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

If you could be invisible for five whole minutes, what would you do?



Local tweets

- **@dawn_chubai:** For those interested in a gig for all ages- I will be headlining Jazz Vespers (pass the hat) St. Andrews Wesley Church Feb 5 from 4pm-5pm !
- **@charliedemers:** Probably it's Maybelline.
- **@CFL_News:** Benevides: "I love our roster. Our vets we have know how to win." #BCLions #CFL
- **@GregMooredotca:** RT @metrovancouver: We've joined the BCPhA in urging you to always return unused medications to a pharmacy for safe disposal.
- **@CBCSmart:** Saanich PD say actual loss from UVIC theft is only a few thousand dollars, but possible fraud as result could be huge. #cbc #yyj
- **@VancityBuzz:** People in #Vancouver need to smile more.
- **@lynneux:** In most cities a loud explosion & billowing smoke would cause panic. In Vancouver, we go "Oh, it's just that new JJ Abrams show." #yvrshoots
- **@gahdengremlins:** FUN FACT: did you know that #vancouver rioted in 2002 after a guns n' roses concert was cancelled? i'm not even making this up

LAURA-CHASE MCGEHEE/THE ANNAPOLIS CAPITAL/THE ASSOCIATED PRESS PHOTOS

Daily Zoom

A case of Curious George

Stomach of (stainless) steel

An X-ray from a veterinary hospital shows a spoon lodged in Vincent's stomach. THE ASSOCIATED PRESS

This dog is a spoonful

Vincent, a nine-year-old Labrador retriever, holds a spoon in his mouth at his home in Annapolis, Md. The dog recently underwent surgery to have the utensil removed from his stomach.

THE ASSOCIATED PRESS

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2 scene

Good box office vibes

Marky Mark is making bank with his films ◗ Though he's not likely to get critical acclaim

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

"I've always looked at my career as an athlete would look at his," said Mark Wahlberg, star of this weekend's thriller Contraband. "I won't play forever. Some don't know when to walk away, but the smart ones do."

Wahlberg has proven himself to be one of the smart ones. In a career that dates back 20 years, he has moved from strength to strength.

His first taste of success came as the titular lead rapper of Marky Mark and the Funky Bunch. Their 1991 hit Good Vibrations was a highpoint, but just two years later, Wahlberg walked away, leaving the Funky Bunch to fend for themselves.

Streamlining the Marky Mark moniker to his birth name, he took on his first role in front of the camera (that is if you don't count his short lived career as an underwear model for Calvin Klein). Roles in The Basketball Diaries (opposite his future The Departed star Leonardo DiCaprio) and Fear, where he played what one writer called "a teenaged Travis Bickle" got him notice, but it was Boogie Nights that made him a movie star.

The role of Dirk Diggler, a naïve man with physical charms sucked into the dark underbelly of the 1970s Californian porn industry, showed his range (among other things) but he wasn't the first choice for the role. DiCaprio was offered the part but turned it down because he was already committed to Titanic. He suggested his Basketball Diaries co-star Wahlberg.

The movie was a hit, but a certain prosthetic got almost as much attention as Wahlberg's performance. He still has the 13-inch rubber prop, which he keeps in a safe at his mother's home, otherwise, he says, "mom would… put it on the end of her Dustbuster thinking it came with the vacuum cleaner."

Since then Three Kings, The Perfect Storm, The Italian Job, Shooter, We Own the Night, Planet of the Apes and Four Brothers have all been box office hits. His work in The Departed brought him the best notices of his career to date plus an Oscar nomination and The Fighter (which he also produced) was an artistic triumph.

Despite all the spot-on choices, like many actors he's turned down some important roles. Can you imagine him as Linus in Ocean's 11? Or how about Brokeback Mountain? That part went to Jake Gyllenhaal, who earned an Oscar nod for his work.

GETTY IMAGES

▶ Mark Wahlberg continues to make financial successes, while turning down more important roles.

Mad Men

Mad Men last aired a new episode in Oct. 2010. But relief is in sight, according to its star, Jon Hamm. Hamm revealed on a podcast last week that the premiere of the fifth season is Mar. 25.

THE ASSOCIATED PRESS

Coachella festival announces headliners Radiohead, The Black Keys and Dr. Dre with Snoop Dogg

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Lifestyles of rich and famous: infant edition

Jay-Z and Beyoncé splash the cash for their new born baby Blue Ivy Carter

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Let's spend our time together this morning checking in on America's version of a royal birth, shall we? I speak, of course, about Blue Ivy Carter, who, according to a press release from her two very famous parents, had a very "emotional and extremely peaceful" birth. And, per the release, came into the world "naturally" (no C-section). You hear that? Not only was the birth peaceful, it was "extremely" so, meaning that Beyoncé does not vomit or poop herself while bringing life into this world. I doubt she even grimaced or cursed, she is that perfect. Another perfect thing? This baby's bling lifestyle. Beyoncé and Jay-Z reportedly spent $1.5 million on designer toys and nursery furnishings for the newborn.

ALL PHOTOS GETTY IMAGES

▶ 'Money ain't a thang' for Jay-Z and Beyoncé's new child.

"Jay-Z bought Beyoncé a solid gold handmade Ginza Tanaka rocking horse for $600,000. They've even splashed out on a $30,000 magical windmill playhouse for the garden and a mini Bugatti car, too," a source tells Britain's Star magazine. "They've bought a wardrobe packed with thousands of dollars' worth of one-off designer baby clothes."

Other items reportedly include a Swarovski crystal-encrusted high-chair, a chic lucite crib and gold and diamond rattles from Tiffany & Co.

Since the source of this story is Star magazine, let's take this with a grain of salt. But, really, a high chair covered in crystals?

Talking points

Snoop Dogg busted for pot possession

IN OTHER NEWS, SKY STILL BLUE. Snoop Dogg was arrested for marijuana possession in Texas when a police dog sniffed out some weed on his tour bus recently, according to TMZ.

Law enforcement officials say the discovery came during a routine border patrol stop in Sierra Blanca and that the rapper was issued a citation for misdemeanor drug possession and released.

Snoop has a prescription for marijuana in California, but that might not mean much in Texas. If he's convicted on the drug charge, he could face up to 180 days in jail. METRO

Celebrity tweets

@evanrachelwood
"Yes, sometimes celebrities don't wear make up. Shocking, I know. But we can get through this."

@1jamiebell

"Dear tangled headphones in my pocket. You are making me look stupid. Now pull yourself together."

@hughhefner

"Shera was under the weather last week & this week it's Anna. Keeping my fingers crossed."

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3 life

Travel in brief

Penticton, B.C. is one of the 10 best places in the world to visit, according to a survey of Facebook users by the on-line publication The Huffington Post. The publication says it analyzed more than 200 million comments and other travel references on the social network site to come up with the list. The article says Penticton — nestled in the Okanagan Valley about a five hour drive east of Vancouver — is becoming a year-round vacation hot spot with its beautiful beaches, a burgeoning wine industry and many outdoor activities. Eric Sorensen, chair of the Penticton Business Development Group, calls the ranking a "huge coup" for his city.

THE CANADIAN PRESS

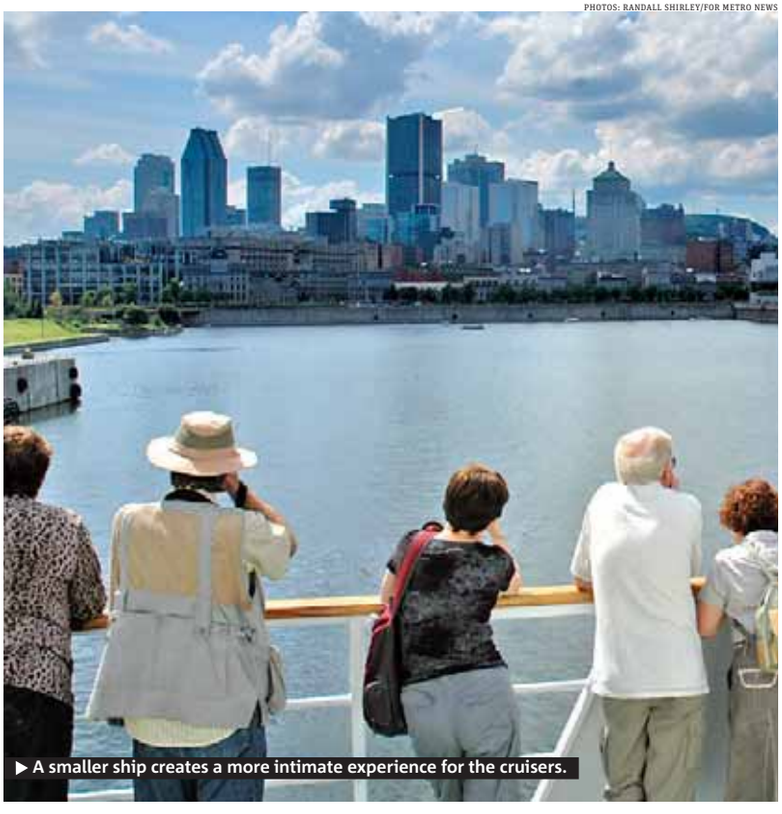
Indiana trumpets 46 'super' sandwiches for competition catering to Super Bowl fans

Cruising In style

Forget those giant city ships that can carry more than 6,000 cruisers
Premium cruise lines offer a luxury experience, complete with a butler

RANDALL SHIRLEY
LIFE@METRONEWS.CA

PHOTOS: RANDALL SHIRLEY/FOR METRO NEWS



▶ A smaller ship creates a more intimate experience for the cruisers.

It's remarkable to watch an active volcano from the deck of a cruise ship in the middle of the night — especially in Europe.

The experience was not on our original itinerary, but it's the kind of unusual experience Captain Carl Smith loves to find and share with passengers onboard the Azamara Quest.

The deck lights are turned off, and passengers line the ship's decks to watch in awe as Italy's Mount Stromboli spews orange lava into the sky.

"I love my job!" Smith tells his passengers. And it shows; the captain even welcomes passengers to join him for a hike in Kotor, Montenegro — basically a "free" shore excursion. I've never seen any other cruise captain engage with passengers like this.

Cruising on a premium line with smaller ships creates a more intimate experience than the mass-market mega ships (some now carrying more than 6,000 passengers). For a price, passengers of Azamara, Regent Seven Seas, Seabourn, Crystal, and other premium, smaller-ship lines get an upscale experience with added value. The bonuses vary from line to line, but can include such things as airfare, shore excursions, or hotels before or after the cruise.

With a capacity of only about 700 passengers, the Azamara Quest isn't exactly a private yacht, but she's small enough to feel intimate, especially with a ratio of one staff member for two passengers — who are mostly adults on our sailing. Stepping aboard the Quest, my partner remarks that the ship's sophisticated and refined decor reminds him of a Fairmont hotel. The Azamara cruise fare includes basic gratuities. It also includes wine selections with lunch and dinner.

The food is the best I've ever eaten on a ship — good enough to tempt us away from Italy's restaurants and back onboard for dinner. Azamara offers long stays in some ports; with departures as late as 11:00 p.m., it's often possible to dine in port.

Our oversized stateroom (a "Club Continent Suite") includes a large balcony where our butler serves our requested breakfasts. Dining with the Italian coastline in sight is truly a dolce vita experience.

Toward the end of the voyage I hear many fellow passengers dreaming of their next Azamara trip. With a huge variety of ports and itineraries available, we're tempted to do the same.

But it's not just the itineraries that tempt us; it's the intimate feel, refined service and the personality of the crew — from the captain down — that may lure us back on board.

RANDALL SHIRLEY IS A FREELANCE WRITER AND THE EDITOR OF MEETMEONBOARD.COM, WHICH FOCUSES ON GAY CRUISE TRAVEL. HIS RECENT MEDITERRANEAN SAILING WAS COURTESY OF AZAMARA CLUB CRUISES.

Still a classic: The Love Boat itinerary

While the '70s TV series The Love Boat didn't invent cruising, it was a huge visibility boost to the industry.

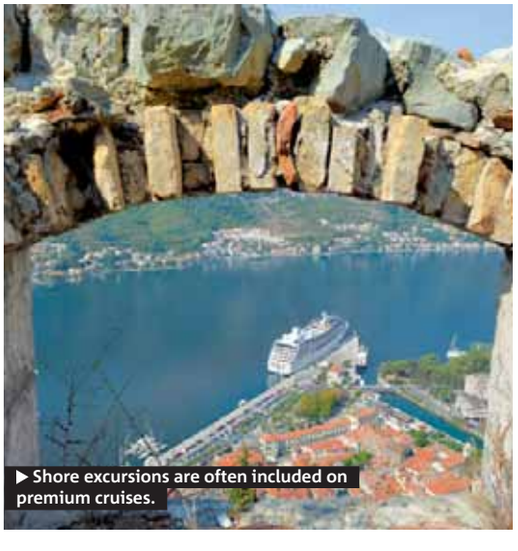
The Pacific Princess isn't making another run to the Mexican Riviera this season, but her sister ship, Sapphire Princess, is. Other lines, including Holland America, Disney and Carnival, offer itineraries starting in L.A. or San Diego, with stops in Puerto Vallarta and Cabo San Lucas. Love Boat port Mazatlan is sometimes included.

It's not likely your cruise director will be as concerned about your love-life as Julie McCoy was, but it's still a pleasant trip and often value-priced.

RANDALL SHIRLEY

If you go...

- **Azamara** azamaraclubcruises.com
- **Regent Seven Seas** rssc.com
- **Seabourn Cruises** seabourn.com
- **Crystal Cruises** crystalcruises.com



▶ Shore excursions are often included on premium cruises.

Ibiza's new era

Renowned for its wild ways, the Spanish island of Ibiza doesn't strike many as a place of quiet refuge and gentle reflection

But Nick Boulos gets in a kayak and discovers its secret side

NICK BOULOS
LIFE@METRONEWS.CA

"Kayaking is the perfect way to see the island," said Paolo, my Ibiza guide, as we paddled into yet another absurdly beautiful bay. I looked along the shore for hungover party animals but there wasn't a soul to be seen. Water gently lapped against my kayak, a light but cooling breeze rustled my hair; birds soared overhead, vanishing beyond the plunging cliffs and lush hillsides. It seems the legendary clubbing island has a softer side.

Fast emerging as a destination for those in search of gentle adventure amidst untouched surroundings, Ibiza is slowly re-inventing itself. It's still a home to the world's mega-nightclubs, which have seen DJs like Pete Tong and Carl Cox, not to mention acts like Florence & the Machine and The Streets. But there's life outside the VIP room.

"I gazed out to sea and up at the gleaming clifftop. 'This is one of the most spectacular corners of Ibiza, but hardly anyone ever comes here,' said my guide."

It's possible to kayak any stretch of Ibiza's 210-kilometre shoreline, so Paolo and I had a tough decision to make. We had originally opted for Cala Nova on Ibiza's eastern coast but gusty winds forced us to rethink, and we eventually settled on the dramatic southern shores, home to a string of picturesque lagoons frequented by fisherman rather than bronzed tourists.

We set off from the small pebbled cove of Es Torrent, home to just one nice but overpriced beach bar, and glided east along the craggy shoreline. Sheltered from the open water by Ses Illetes, a collection of rock formations just offshore, there was barely a ripple to be seen. I gazed out to sea and up at the gleaming clifftop mansions belonging to a select few who woke daily to these stunning vistas. The tepid water — a mesmerising shade of jade — was as still as it was clear. Below, clinging to the seabed and swaying in the current, were long strands of Neptune's Grass, a species of seaweed only found in the Med.

The silence was broken by Paolo. "This is one of the most spectacular corners of Ibiza, but hardly anyone ever comes here," he said slowly and quietly. This really was a local hangout, a secret spot to escape the madness of the island. Just keep it to yourself.

3 TOP OUTDOOR EXPERIENCES

WALKING
Download maps at ibiza.travel

- Ibiza is a walker's paradise, with trails across the island. Take the 11-km circular route from Sant Mateu for coastal views and a taste of the countryside dotted with olive groves and farmhouses.

CYCLING

- With more than 20 dedicated biking routes, there's something for every cyclist. The 13-km road from Santa Eulalia to Santa Gertrudis is recommended, while the brave should try the 40-km Cala Sant Vicent route.

KITE SURFING

- Experience the thrill of kite surfing, the latest craze to grip the island.
The northern coast — favoured for its waves and strong winds — is ideal.

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Revise your courses to fit today's reality

Former student wants more attention paid to the relevancy of courses

STUDENT VOICE

ELLE KAMENSKY
TALENTEGG.CA

▶ Elle Kamensky advises students to do some serious research before choosing what program to spend their money and time on.

In 2006, I applied to the Human Resources program at George Brown College. I thought I wanted to be a social worker or a psychologist. Criminology and law also interested me, but I got discouraged by friends and family.

I never imagined myself getting into business because it completely disinterested me. However, with HR slowly becoming more popular, I thought it would be a perfect job because of the human element, combined with business.

I did two and a half years at George Brown and then transferred to Ryerson University to complete my HR degree (another 2.25 years). My options were clear-cut: HR could be in any company, dealing with any aspect of employment!

What every one of my professors failed to mention, though, is this thing called "reality".

It is increasingly difficult to get into entry-level HR. Large companies do not have large HR departments. This means a lot of the students who are churned out every year end up being jobless, going back to school or finding work that is not within their field.

My former classmates are going through similar HR experiences. Recruiters tell me entry-level HR roles are as hard to pin down as Big Foot. Hiring managers are demanding skills not taught in either college or university. There appears to be a large discrepancy between the real jobs out there and what our post-secondary institutions insist we are taught.

Many post-secondary institutions should conduct audits and revisions of their programs. I wasted time and money re-taking unnecessary courses instead of gaining experience, which is what matters to employers. There are many programs which make certain courses a priority, when in fact they fail to administer them properly or take into account that they are simply not necessary.

My best advice for students in post-secondary institutions is to research, research, research. Do not simply apply for a program you think you like and assume you will know what to do by the end of it.

Instead, research the program you want to enter at every institution you are interested in attending, then do some real research online or at a library to find out your actual chances of getting a job. Never underestimate what you see on job boards, as that is what employers are after, so make sure you know what skills you have to acquire in your next four years.

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What I learned

Key take-aways from Elle's experience

- Research the labour market before you apply to college or university, or for post-graduate education – if possible, align your goals with a profession that is in-demand
- Avoid taking courses you're not interested in unless they are required to complete your degree

Where Elle is now

I am still searching for an entry-level HR position. I learned a great deal about myself through this experience and found the inspiration to start my own site, at under-graduatelife.info.

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GETTING BEHIND THE SCHEMES AT WORK

No boss wants to shell out bucks when it's not necessary But some go to lengths to avoid the times when it is

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

Money is the cause of most workplace disputes.

Employees and employers each feel that they deserve more of it and each will invariably go to great lengths to keep it in their own pockets, leaving less for the other.

The following are some of the most common money-saving schemes that employers try to pull on employees, followed by next week's column on employees' favourite tricks.

Alleged poor performance: Employers hate paying employees not to work for them. But this is exactly what the law of severance requires.

To fire an employee in Canada, they must be paid fair severance. However, employers attempt to circumvent this law by "building" a case for poor performance, hoping it will reduce their severance obligation or eliminate them altogether. Most of these attempts will fail. Unless an employee is objectively incompetent, courts do not award less severance for alleged poor performance.

Bonuses: Similarly, why would an employer reward an employee with a bonus, if he is about to be fired?

ISTOCK

▶ Don't forget that working overtime, regardless of the reason, requires payment.

Most will not, claiming that the bonus was a matter of discretion. However, seldom are bonuses truly discretionary, no matter how they are described.

If there is a reasonable expectation for payment, based on past practices, it must still be paid.

Overtime: Employers encourage and then reward employees who work around the clock. But then they hate to pay them for it.

One common trick is to pile on so much work that the employee has no choice but to stay late and since they were not specifically asked to work overtime, employers argue they have no entitlement to extra pay for it. Unaware that employment legislation requires overtime payment, without exception, for any overtime hours actually worked, regardless of the reason, many employees are routinely underpaid.

Non-competition agreements: Most employers now include these in their contracts, no matter how junior or administrative the employee. The problem is that they expect employees to comply with restrictions, such as not working in their industry for long periods of time, while refusing to pay them severance during this period. For a court to uphold a post employment restriction, it must agree that it is fair. Employers cannot expect employees to stay at home, without compensating them for that time.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN

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Maintain your balance

Put yourself first as you make improvements in your personal 'rooms'

PAULINE ANDERSON
FOR METRO

COMSTOCK IMAGES/THINKSTOCK

▶ Be realistic about what you can do when you make a new year's resolution.

To strike a better work/life balance this year, ask yourself what you can do to "declutter" or make improvements in each of your personal "rooms" — the emotional, physical, mental and spiritual parts of your life.

That's the advice of Cate Collins, CEO of Powerful Journey Consulting and a Pilates instructor at the YMCA in Durham, Ont. She gives the example of letting go of old resentments or slights you may be harbouring in the emotional part of your life. This, she says, might involve learning to forgive — yourself or someone else.

Here are some of Collins' other helpful tips for a more balanced life:

▶ Put yourself first. Women tend to put the needs of their significant other and their children ahead of their own needs, whereas men tend to sacrifice themselves at work in order to get ahead. "We're a three-tiered fountain," says Collins. "We have to remember that the middle and bottom tiers get filled up with waters overflowing from the top. The more I'm grounded and anchored in myself, and connected to what I need, the more I feel fulfilled, and then the more those around me benefit."

▶ Resolve to make a change for only 21 days. If you want to get more active, for example, this is more "doable" than vowing to keep it up for an entire year. And when you reach that first goal, do it again.

▶ Be realistic about what you can do. Don't resolve to start weight lifting every night before bed if that doesn't suit your lifestyle. Maybe an exercise routine in the morning, before work, is best for you.

▶ Remember that being active is as much a habit as being inactive. It's just a matter of getting into a healthier, more balanced routine. Ask yourself what you can do differently to attain that goal.

▶ Maximize who you are. Every one has special qualities and attributes that make them unique. "All too often, people get overwhelmed by their lives; they get stressed and lose their way," says Collins. "Make sure that you leave your imprint."

Initiatives

More and more companies are jumping on the work/life bandwagon. Here are some employer initiatives that may help balance your life:

- Fitness facilities, or fitness membership assistance.
- Flexible work arrangements.
- On-site seminars and workshops (on such topics as stress).
- On-site childcare.
- Seasonal childcare programs (i.e. March break activities).
- Parental leave for adoptive parents.
- Leaves of absence policies (i.e. educational leave).
- Educational or training opportunities.

Healthy tips

If you feel large, lethargic and lazy after the holidays, take heart — most of us do. Here are some tips to clean up your health in 2012.

▶ **Go cold turkey:** "Start a diet where you don't restrict how much you're eating but more what you're eating," suggests Dr. Natasha Turner, a Toronto-based naturopathic doctor and author of The Supercharged Hormone Diet. She suggests removing foods from your diet that can cause you to overeat and feel bloated.

▶ **Build a better diet:** From there, add in healthy options including plenty of lean proteins and healthier carbohydrates such as sweet potatoes and quinoa.

▶ **Add in exercise:** For the first month, Turner suggests exercise newbies stick to yoga and walking for activity. After that, add in strength training exercises using your own body — think push-ups, squats and lunges — plus some cardiovascular activity.

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▶ Understanding what you have to offer might give you an edge in the job market.

Follow your inner compass

Is a career change in the cards? Get to know yourself first, experts say

PAULINE ANDERSON
FOR METRO

At this time of year, career change is on the minds of many in the workforce. Finding a more fulfilling job may even be one of your resolutions for 2012.

But before you put pen to paper to rewrite your resumé, take the time to get to know your temperament, personality type, interests, abilities, and values, says Angelo Di Giorgio, principal and managing director of Career Dynamics, a company devoted to helping employees maximize their effectiveness and productivity.

Understanding what you have to offer and how your transferable skills might translate to prospective future work environments will give you a leg up in the job market, says Di Giorgio.

Emerging sectors

Human Resources and Skills Development Canada has identified a number of new and emerging industry sectors in the economy. These include:

- Environment
- Green energy technologies
- Health infomatics
- Multimedia, particularly for mobile communications
- Aerospace
- Biotechnology in agriculture, forestry, fishing and pharmaceuticals
- Distance-learning (i.e. teachers and librarians who may need additional computer and communications-related skills)

Di Giorgio also has these career transitioning tips:

▶ Find a career change specialist who can assess and clarify your personal workplace preferences, interests and values. This, says Di Giorgio, is key at all stages of your career, not only when you are starting out.

▶ Explore labour market trends. "You need to know whether demand for a particular type of employee will continue to grow," says Di Giorgio. Today, there is growing demand for health-care experts in general and gerontology and senior services personnel, in particular. Other growth fields include the environmental, financial services, and retirement planning. "The great news is that we're living in times of change and change represents possibilities," says Di Giorgio.

▶ Network and interview everyone you know. Many jobs aren't advertised on job boards. "The vast majority — 85 per cent or more — are what we call the hidden job market," says Di Giorgio. "There are jobs out there; it's just a matter of digging."

▶ Develop a plan of action. "Work with your career change specialist to put together a plan that is specific, measurable, attainable given the job market, realistic given your life stage and what you bring to the marketplace, tangible, and energized because you want to feel excited, and enforceable," says Di Giorgio.

▶ Follow your inner compass. "Never lose sight of what is most important to you and be sure to enjoy the journey," are Di Giorgio's final words of work-related wisdom.

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It's not just for Christmas

The holidays may be over, but this lean meat can be enjoyed at any time of the year Try stuffing and roasting it, or if you still have frozen leftovers, make a gluten-free sandwich

In this recipe, the combination of sweet apples and savoury herbs infuse into the turkey, creating a tender and flavourful experience with every bite.

Serve it with green beans and mashed potatoes for a complete meal.

THE CANADIAN PRESS H/O

This recipe makes two to four servings.

Ingredients:

- 1 turkey breast (1 to 1.5 kg/2 to 3 lb)
- 500 ml (2 cups) cubed bread pieces (crusts trimmed)
- 1 onion chopped
- 2 stalks celery, diced
- 2 apples, peeled, cored and chopped
- 8 freshly chopped sage leaves
- 22 ml (1 1/2 tbsp) freshly chopped thyme, divided
- 2 eggs, beaten
- Salt and pepper, to taste
- 15 ml (1 tbsp) each freshly chopped rosemary and parsley

Preparation:

1. Heat oven to 190 C (375 F). In bowl, place bread, onion, celery, apples, sage and 7 ml (1 1/2 tbsp) of chopped thyme. Mix in eggs, salt, pepper.
2. Place turkey on cutting board and with sharp knife cut a deep pocket horizontally, being careful not to cut through other side. Pocket should be about 6 cm (2 1/2 inches) long and 3.5 cm (1 1/2 inches) deep. Spoon in stuffing.
3. Wrap foil around open end of turkey and use butcher's twine to secure lengthwise and then widthwise. Rub turkey with remaining chopped thyme, rosemary and parsley, salt and pepper and transfer to a roasting pan. Roast turkey for 30 to 40 minutes or until an instant-read thermometer registers 75 C (165 F). Remove from oven and let rest for 10 minutes before slicing. THE CANADIAN PRESS/ CHEF JOHN CIRILL

Drink of the week

Pear & Cranberry Bellini

- 45 ml (1 1/2 oz) pear nectar or pear puree
- 45 ml (1 1/2 oz) cranberry juice
- Sparkling wine
- Pomegranate seeds, for garnish

In a cocktail shaker, with ice, combine pear nectar and cranberry juice. Shake well to chill. Pour into a Champagne flute, top with sparkling wine and garnish with a sprinkle of pomegranate seeds. Serve immediately. THE ASSOCIATED PRESS/ SENSES.CA

Leftover Turkey Sandwich

Health-conscious foodies can feast on leftover turkey with these sandwiches. Some ingredients are organic and gluten-free.

This recipe makes one serving.

Ingredients:

- 1 slice gluten-free bread
- Shredded or sliced turkey meat
- Grated Gruyere cheese
- Organic chicken gravy, heated
- Cracked black pepper, to taste

Preparation:

1. Toast bread on baking sheet; top with turkey. Top with grated cheese. Bake in 180 C (350 F) oven until heated. Remove from oven and pour hot gravy on top. Sprinkle with pepper.

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Canucks pull out victory

Raymond scores lone shootout goal to lift Vancouver over Tampa Bay ◆ Stamkos denied

CANUCKS	LIGHTNING
5	4

PHELAN M. EBENHACK/THE ASSOCIATED PRESS

▶ Jannik Hansen celebrates after scoring a goal as Canucks teammate Manny Malhotra comes to congratulate him.

Mason Raymond scored the lone goal in the shootout on a spinning backhander and the Vancouver Canucks beat the Tampa Bay Lightning 5-4 on Tuesday night.

Canucks goalie Cory Schneider stopped all three shots he faced during the shootout, including one by NHL goals leader Steven Stamkos on Tampa Bay's final opportunity.

The Lightning tied it at four with a minute remaining in the third period when Ryan Malone scored from near the post off a nifty pass by Martin St. Louis. The goal was upheld after a video review.

Alexander Edler, Jannik Hansen, Manny Malhotra and Ryan Kesler scored in regulation for Vancouver. Henrik Sedin had an assist, giving him 39 assists and 50 points this season.

The Canucks, who held a 4-2 lead after 40 minutes, are 21-0-0 when leading going into the third period. Tampa Bay is 5-17-2 when trailing after the second.

Stamkos scored his 29th goal of the season and added an assist. Vincent Lecavalier and Steve Downie had the other Tampa Bay goals.

Stamkos was shaken up late in the second after colliding with Edler, but played during the third.

Downie got the Lightning within 4-3 at 6:14 of the third.

Edler stopped his nine-game goal drought and put the Canucks ahead 1-0 at 2:36 of the first. Hansen made it 2-0 when he beat Dwayne Roloson for a short-handed goal from the low left circle 8:16 into the game.

After Stamkos scored from in-close at 10:12 of the second, Malhotra gave the Canucks a 3-1 lead just 2:15 later.

The teams also traded goals in the final minute of the second, with Lecavalier scoring on a rebound with 31.6 seconds left after Schneider made a save on Stamkos during a breakaway. Kesler re-established the two-goal advantage with 1.4 seconds to go.

THE ASSOCIATED PRESS

Injury notes

Canucks forward David Booth (knee) is skating and could be nearing a return.

▶ Tampa Bay's Victor Hedman missed his sixth consecutive game due to concussion-like symptoms and remains out indefinitely.

4 sports

Quoted

"Manny Pacquiao I'm calling you out let's fight May 5th and give the world what they want to see."

FLOYD MAYWEATHER JR., WHO TOOK HIS QUEST FOR A FIGHT WITH MANNY PACQUIAO TO TWITTER ON TUESDAY. MAYWEATHER IS AVAILABLE FOR A FIGHT IN LAS VEGAS THIS MAY AFTER A JUDGE AGREED LAST WEEK TO POSTPONE HIS JAIL SENTENCE IN A DOMESTIC VIOLENCE CASE UNTIL JUNE.

Freestyle skier Burke injured

Canadian freestyle skier Sarah Burke, a halfpipe pioneer who lobbied tirelessly to get her sport included in the Winter Olympics, was seriously injured Tuesday while training on the superpipe in Park City, Utah, and airlifted to a Salt Lake City hospital.

A spokeswoman at University Hospital in Salt Lake confirmed Burke was being evaluated.

Andy Miller, spokesman at the Park City Mountain Resort, said the accident happened early in the afternoon.

"She was stabilized there at the scene by resort mountain patrol, who took her to base patrol, where she was flown to the hospital in Salt Lake," Miller said.

He said the halfpipe was the same one where snowboarder Kevin Pearce was critically injured during training on Dec. 31, 2009. Pearce suffered traumatic brain injuries but has since recovered and returned to riding on snow last month.

The Canadian freestyle team sent a Twitter message Tuesday afternoon saying Burke, from Squamish, had a "serious injury."

A spokesperson for the Canadian Freestyle Association said there was no additional information yet on her injury.

THE CANADIAN PRESS

RON CARON

'Professor' dead at 82

Ron Caron, the fiery and brilliant longtime hockey executive known as the "Professor" has died. He was 82.

Caron worked as a scout and assistant general manager under longtime GM Sam Pollock and helped build the Montreal teams that won Stanley Cups in 1971, '73 and four straight titles from '76-'79.

The Gatineau, Que., native was named general manager of the St. Louis Blues in 1983 and spent over a decade in the position, acquiring stars like Brett Hull and Doug Gilmour to build a franchise struggling to survive into a competitive team.

He died Monday night in Montreal, a Blues team spokesman confirmed Tuesday morning. No cause of death was released. Caron suffered a stroke in 2003 and had been living in a nursing home. THE CANADIAN PRESS

No more moves?

With retooled bullpen, Blue Jays GM says off-season shopping probably done

After a busy off-season, the general manager of the Toronto Blue Jays says he's probably done tinkering with the roster for now.

Speaking at a winter caravan stop in his hometown of Montreal, Alex Anthopoulos said he does not expect to make any more significant changes to the club's roster ahead of spring training.

Anthopoulos has been active in recent weeks, overhauling the team's bullpen and making a few additions to strengthen the bench.

He said the team as it stands now is likely the one fans can expect to see when camp opens next month in Dunedin, Fla.

"I think we've filled all the positions, but there are always areas to improve,"

"Acquiring Sergio Santos gives us that ninth-inning guy that we can bridge to."
MANAGER JOHN FARRELL

Anthopoulos said Tuesday. "I wouldn't anticipate any free agent signings anymore at this point ... there's some focus on the trade market but as we sit here today, I don't see us doing anything else between now and spring training."

But as always, Anthopoulos noted, "that can change with one phone call."

The team added veteran left-hander Darren Oliver to the bullpen mix on Monday. Toronto also acquired closer Sergio Santos and brought back reliever Jason Frasor in separate deals with the White Sox earlier in the off-season.

Anthopoulos has also retooled the Jays bench, notably with the additions of outfielder Ben Francisco and backup catcher Jeff Mathis.

Last season, the Jays had a deep lineup that finished in the top five in runs scored but they also had an erratic bullpen. Toronto finished fourth in the American League East with an 81-81 record.

Manager John Farrell said he likes the depth in the outfield with the only question mark being who will start in left field: Eric Thames or Travis Snider.

But having a group of relievers with defined roles in 2012 should help, he said. **THE CANADIAN PRESS**

College. Football

▶ The Alabama football team arrives at Tuscaloosa Regional Airport on Tuesday.

THE ASSOCIATED PRESS/THE BIRMINGHAM NEWS

Alabama welcomes champs home

Alabama's NCAA championship football team returned home Tuesday to a state where the Crimson Tide's BCS victory over LSU had special meaning after last year's deadly tornado outbreak. Hundreds cheered at Tuscaloosa's airport as the team arrived from New Orleans on two charter jets. Fans stood with umbrellas and red-and-white shakers in a steady rain just a few miles from neighbourhoods devastated by a tornado that killed more than 50 people in the city, including several students.

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Powerplant option 1

The Malibu's starting point is a new base 2.5-litre four-cylinder that produces an estimated 190 horsepower and 180 pound-feet of torque.

That's up from the previous 2.4-litre four-cylinder's 169/158 rating. The new 2.5 operates through a six-speed automatic transmission.

Powerplant option 2

The second offering is the General Motors' eAssist limited hybrid system, similar to that used in the 2012 Buick LaCrosse and Regal.

This "Eco" model consists of a 182-horsepower 2.4-litre four-cylinder gas engine working in tandem with a 15-horsepower electric motor/generator (with 110 pound-feet of torque) and six-speed automatic transmission. The motor replaces the traditional alternator, assisting the engine via a belt with power supplied by a lithium-ion battery pack located behind the rear seat.

Eco technologies

The battery contributes about 30 kilograms to the Malibu's weight, but the Eco's aluminum hood and rear bumper beam (and other measures) slice a reported 60 kilograms from the car's total.

Other Eco technologies include stop/start that shuts off the engine when the vehicle is at rest, then fires it up when the brake pedal is released.

As well, a system recovers braking energy and converts it into electrical energy to help recharge the batteries.

▶ Even though it will be sold in countries with narrow streets, the new Malibu is about eight centimetres wider than the previous model.

Chevy Malibu poised to make some waves

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

From the Atlantic to the Pacific Ocean and beyond, the next-generation Malibu aims to make waves on a truly global scale and shore up the Chevrolet brand in every continent short of Antarctica.

Arriving in early 2012, the new Malibu is a direction-changing model in nearly every sense, from its appearance to its powerplant choices that emphasize fuel efficiency.

But what does that mean to you?

It sheds about 11.5 centimetres between the front and rear wheels, but is slightly taller and nearly eight centimetres wider.

Along with a broader stance, the result is added interior volume, especially front and rear shoulder and hip room.

In addition, the amount of available trunk space has also been increased.

The previous Malibu was no slouch, yet the new car takes that up a notch in terms of style and fuel economy.

It doesn't qualify as spectacular, or jaw dropping, but that seems to be the norm in the mid-size-sedan class.

But with the competition so stiff, offering up something exciting and jaw dropping might not be far off so as to create a car you not only like, but one you fall in love with.

The new Malibu is certainly a step closer.

▶ The Malibu Eco's battery pack is located to the right, blocked off where a passthrough would normally be.

▶ The interior has what Chevrolet calls a dual cockpit layout with the driver and passenger separated by a sweeping centre console and wrap-around dash and door panels.

2013 Malibu

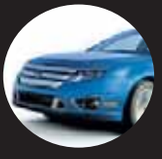
What you should know about the 2013 Chevrolet Malibu:

- **Type:** Four-door, front-wheel-drive mid-size sedan.
- **Engines (hp):** 2.4-litre DOHC I4 (190, est.); 2.4-litre DOHC I4 (182)/electric motor (15).
- **Transmission:** Six-speed automatic.
- **Market position:** Nearly every automaker produces one or more mid-size sedans, which makes the field crowded and very competitive. The Malibu has picked up its socks over the past few years and has become a top-rung player.
- **Mileage:** L/100 km (city/hwy) 8.3/5.4 (2.4 Eco, est.).

5 drive

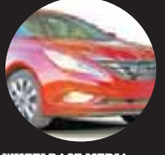
By comparison

Ford Fusion
Base price: $21,600
Roomy sedan looks stylish, Hybrid delivers exceptional fuel economy.



Toyota Camry
Base price: $25,300
All-new-2012 model tops the charts. Hybrid model keeps getting better.

Hyundai Sonata
Base price: $24,300
One of the most stylish cars around. Hybrid version stretches fuel dollars.



WHEELBASE MEDIA

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Showing off in Detroit

PAUL SANCYA/THE ASSOCIATED PRESS

▶ Honda president Takanobu Ito stands with the Acura NSX Concept at the Detroit auto show on Monday.

CONTRIBUTED

▶ Cadillac ATS

FORD MOTOR CO./THE ASSOCIATED PRESS

▶ 2013 Ford Fusion

PHOTO COURTESY OF NORTH AMERICAN INTERNATIONAL AUTO SHOW

▶ VW E-Bugster Concept

AUTO PILOT

MIKE GOETZ
DRIVE
@METRONEWS.CA

After a couple of relatively sombre years, the buzz seems to be back at the Detroit auto show. Which is all good, because downtown Detroit in January is not where you want to be sans buzz.

Buzz enablers included rising sales for most manufacturers in 2011, a large number of major product debuts, and the vehicles themselves — many featured really bold, expressive, in-your-face designs.

Here are six Detroit debutants we found particularly fetching, intriguing, and/or significant to the marketplace.

Ford Fusion

Ford determined that customers in the midsize sedan market were more than ready for "something different."

The 2013 Fusion is certainly that — a stretched out cabin area gives the car more flowing lines, better aerodynamics and lots of interior room. The new fascia design is heralded as the "new face of Ford" and features a high-mounted grille with lots of chrome, flush-mounted Ford emblem, sculpted hood and incredibly thin headlights — only 100 mm at the deepest points.

The new Fusion will be available with three different four-cylinder engines and two hybrid powertrains (regular and plug-in).

The Fusion will also be North America's first mainstream vehicle available with a stop-start feature, which will automatically stop and start the engine in stop and go traffic.

VW E-Bugster Concept

The E-Bugster is a combination of "E" for electric, "Bug" as per the Beetle's North American nickname, and "speedster," which typically describes an open-top two-seater.

E-Bugster has the typical "chopped down" speedster profile, via shallow windows and low top-up roofline — but it's not a convertible.

The gritty looking concept is not slated for production, but its electric drive unit, dubbed Blue-e-Motion will be found in future products, like the Golf Blue-e-Motion.

Lexus LF-LC Concept

The Lexus LF-LC is a concept for a future 2+2 sport coupe hybrid.

I can't see Lexus going this wild with a production vehicle, but we can only hope.

The front end is just crazy. There is a glass roof, and a lightweight pillar enables glass-to-glass treatment also on the car's profile, a look apparently inspired by modern architecture.

There's a big LED screen inside as you would expect, but also one on each door to open and close the windows, adjust mirrors, and get your music in motion.

Lexus LF-LC Concept

Cadillac ATS

One of the biggest selling premium vehicles in North America, BMW 3 Series, just got another competitor — the 2013 Cadillac ATS.

GM said it took a while to get this done, because the vehicle called for its own, unique, lightweight rear-drive platform, and some production facilities to make it all happen.

ATS is one of the lightest vehicles in its class (3,400 pounds/1,542 kilograms), via extensive use of precious metals.

Base engine is a 200-hp 2-5-litre "four." Optional engines include the 318-hp 3.6-litre V-6, and an all-new and over-achieving 2.0-litre turbo "four" good for 270 hp and 260 lb-ft of torque.

Inside ATS you'll find Cadillac's new "interface" called CUE, which features the world's first automotive "capacitive" display (enabling finger flicking commands et la iPad).

Acura NSX Concept

Fans of Acura's departed mid-engine supercar, NSX, have been praying for its resurrection and their prayers were answered this week in Detroit.

Acura confirmed that the new NSX will arrive in about three years, and that the company's American R&D arm would develop it. It will also be built in the U.S.

When the styling concept of this new beast was revealed at the show by Honda president, Takanobu Ito, it garnered actual cheers from the press-day crowd — a rare event considering the jaded nature of most auto writers. Ito actually led the engineering team that created the first NSX.

Look for some kind of hybrid powertrain, a very advanced all-wheel drive system, and for it to compete where it counts — on the racetrack.

Dodge Dart

The all-new 2013 Dodge Dart is the first Chrysler Group vehicle built on a Fiat Group architecture. So Chrysler finally gets the compact it was missing in its lineup. The architecture was borrowed from the Alfa Romeo Giulietta, but then lengthened and widened to meet North American wants, needs, and girths.

Outside, you'll find Dodge's classic "floating crosshair" grille, and inside you'll find lots of touch-screen technology.

Four-cylinder engine choices include 160-hp 2.0-litre, 160-hp 1.4-litre featuring Multi-Air and turbo, and 184-hp Multi-Air 2.4-litre.

Transmission choices include 6-speed manual, 6-speed automatic, or 6-speed "dual clutch" automatic.

(FOR MORE ON THE DODGE DART, TURN TO PAGE 40).

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- Overhead console
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RamTruck.ca/Offers

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Oil: Your engine's most important component

With so many types on the market, which is best for you?

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Oil is the lifeblood of your vehicle's engine. It lubricates moving parts, helps keep the engine cooler, inhibits rust and corrosion, and reduces wear.

Without oil, an engine will only run for a few minutes before suffering damage.

"There are different grades of oil for different applications," says Tony Fallico, Quality Services and CI Manager for Wakefield Canada.

"The grade also depends on climate. Multi-grade oils are formulated to protect the engine from friction and wear under temperature extremes, such as winter and summer."

Oils are classified by their viscosity, indicated by numbers. Low numbers indicate thinner oils that will remain fluid in the cold, which provides better protection when the engine is started on icy mornings. Higher numbers are thicker oils that retain their protective properties when hot.

Refineries produce base oils of various viscosities, which are then blended in the correct proportions for each use.

While these blends cover a range of temperatures, their percentage of thinner or thicker oils determines their optimum use.

"The lower the number before the W, which stands for winter, the better the engine protection at start-up in cold climates," Fallico says.

"The higher the number after the W, the higher its viscosity at engine operating temperature. This can make a lot of difference in protection when you are stuck in traffic on a hot summer day."

Thinner oil rated at 5W-30 will generally be appropriate for winter use in average climates, while thicker 10W-40 offers better friction protection at higher temperatures.

There are also grade extremes such as 0W for very cold climates or 60 for very hot ones, and heavier-duty blends such as 15W-40 for commercial-duty trucks.

Base oil comes from crude oil, which is distilled into four products according to their boiling points. The lowest grade is asphalt, which does not boil, followed by base oil, diesel and home heating oil, and at the top, gasoline.

The base oils are then further separated by their individual boiling points, which represent the higher and lower viscosity grades.

A bottle of engine oil is about 80 per cent base oil, with the rest made up of various additives including dispersant, detergents, anti-wear agents and antioxidants, all of which help to keep the engine clean and running smoothly.

Oil facts

- The gasoline combustion that makes an engine work also produces acids that can eventually damage the metal. Engine oil contains alkaline additives that neutralize these acids and reduce the harm.
- Auto manufacturers usually recommend the most appropriate oils for their engine. Check your owner's manual to see what you should use.

Photo courtesy of Wakefield Canada

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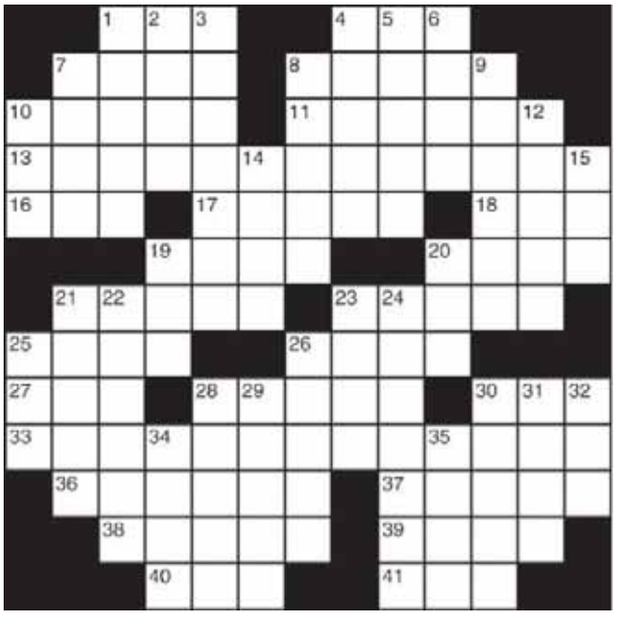
Crossword



Across

1 After-hours bank (Abbr.)
4 Bribe
7 Roundish hairstyle
8 Eye-related
10 Extraterrestrial
11 Lowest point
13 Does hard labor
16 Shelter
17 One with a burden
18 Wildebeest
19 Pod dwellers
20 Appear
21 Get more ammo
23 Tooth buyer?
25 Vegan's no-no
26 Wall Street wheeler-dealers, for short
27 Ahs' mates
28 Prickly plant
30 Carnival city
33 Pecks
36 Do as you're told
37 August forecast
38 Out of bed
39 Belligerent god
40 Encountered
41 Wife's address

Down

1 Blazing
2 "Star —"
3 Nessie, e.g.
4 Wheel radius
5 Playful water critter
6 Pocket bread
7 Lotion additive
8 Last write-ups
9 Eccentric old gent
10 Piercing tool
12 1-Across offering
14 Clay-rich soil
15 Wrigley product
19 Butter square
20 Family member, briefly
21 Place to recover
22 Spring holiday
23 Gratis
24 "—, Martin and John"
25 Larry's pal
26 "American Idol" alumnus Clay
28 World-weary
29 Construction connector
30 Singer LeAnn
31 Eye part
32 Peculiar
34 Doorstop, often
35 "Perry Mason" star

Tuesday's answer

Sudoku

1							5	3
9	4		7		8			2
6				2				
	9				4			
3		4				8		1
			5				2	
				5				6
4			2		7		8	9
5	7							4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Tuesday's answer

2	1	5	3	7	9	8	6	4
4	6	9	8	2	5	3	1	7
3	7	8	4	6	1	5	2	9
1	3	2	5	4	8	9	7	6
7	5	4	6	9	3	2	8	1
8	9	6	2	1	7	4	5	3
9	8	3	1	5	6	7	4	2
5	4	1	7	3	2	6	9	8
6	2	7	9	8	4	1	3	5

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Heartbreaker
He told me he would never forget me. That first glance, his face is frozen in time. He told me he loved me. Whispered into my neck, crying for us & them, though he did not cry often. Now I'm a stranger to him. Someone he used to know. I know it can't be any other way. Still my heart aches for him. Still, I would forgive him for erasing me from his memory if only to hear his voice once more.
FROM HEARTBROKEN

Telergy
We might having a same time to kiss each other it's no necessarian to say anything break both hearts those were beared a kiloton ever...do not love it's hurt.
FROM JIM

Today 4°/-1° Partly cloudy
Thursday 4°/1° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
What seems of no importance to you may be of earth-shattering significance to someone else, so don't dismiss their worries out of hand.

♉ Taurus April 21-May 21
You should be out in the world making things happen.

♊ Gemini May 22-June 21
Whatever happens today, be it good or be it bad, don't let your emotions get the better of you.

♋ Cancer June 22-July 22
You have no choice but to accept that partners and colleagues have the upper hand.

♌ Leo July 23-Aug.23
Yes, you can get angry and bawl someone out — they certainly deserve it — but will it make any difference in the long-term?

♍ Virgo Aug. 24- Sept. 22
Some topics are best avoided today.

♎ Libra Sept. 23-Oct. 23
You may be thinking of changing something in your life, but is it really necessary?

♏ Scorpio Oct. 24-Nov. 22
If you are in any way artistic now is the time to create something special.

♐ Sagittarius Nov. 23-Dec. 21 The decisions you make today must be logical and practical — otherwise they could come back to haunt you on the 20th.

♑ Capricorn Dec. 22-Jan. 20
A problem that has been causing you sleepless nights must be dealt with immediately.

♒ Aquarius Jan. 21-Feb. 18
Cosmic activity in the most sensitive area of your chart could make this a confusing sort of day, but don't let it worry you because nothing bad will come of it.

♓ Pisces Feb. 19-March 20.
There is no need to worry if you have not seen eye-to-eye with a loved one in recent weeks. What happens today will give you the chance to explain yourself

SALLY BROMPTON

Caption contest

DAVID J. PHILLIP/THE ASSOCIATED PRESS

KEYSTONE/URS FLUEELER/THE ASSOCIATED PRESS

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Limited model shown

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HIGHWAY **7.7**L/100 KM **37** MPG▼

THE BEST-SELLING PASSENGER CAR BRAND IN CANADA.ᴵᴵ

Limited model shown

AJAC's Best new small car over $21K

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HIGHWAY **4.9**L/100 KM **58** MPG▼

2012 ELANTRA SEDAN

2011 AutoPacific best compact car‡

OWN IT **$140**† BI-WEEKLY PAYMENT | WITH **1.29%** FINANCING FOR **72** MONTHS | AND **$0** DOWN PAYMENT

SONATA GL 6-SPEED. DELIVERY & DESTINATION INCLUDED.

HIGHWAY **5.7**L/100 KM **50** MPG▼

2012 SONATA

5-Star safety rating▲

★★★★★ AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING — U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

Limited model shown

OWN IT **$126**† BI-WEEKLY PAYMENT | WITH **1.29%** FINANCING FOR **72** MONTHS | AND **$0** DOWN PAYMENT

TUCSON L 5-SPEED. DELIVERY & DESTINATION INCLUDED.

HIGHWAY **7.4**L/100 KM **38** MPG▼

Limited model shown

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Jim Pattison Hyundai Northshore
855 Automall Dr.
North Vancouver, 604-985-0055
D#6700

Murray Hyundai White Rock
3150 King George Highway
Surrey, 604-538-7022
D#30780

OpenRoad Hyundai
13171 Smallwood Place
Richmond, 604-606-9033
D#28516

Maple Ridge Hyundai
23213 Lougheed Highway
Maple Ridge, 604-467-3401
D#7356

Jim Pattison Hyundai Port Coquitlam
Unit B - 2385 Ottawa St.
Port Coquitlam, 604-552-1700
D#30242

Abbotsford Hyundai
30250 Automall Dr.
Abbotsford, 604-857-2622
D#9390

Langley Hyundai
19459 Langley Bypass
Surrey, 604-539-8549
D#30331

Mertin Hyundai
45753 Yale Rd.
Chilliwack, 604-702-1000
D#30337

Jim Pattison Hyundai Surrey
15365 Guildford Drive
North Surrey, 604-582-8118
D#10977

Destination Hyundai
445 Kingsway
Vancouver, 604-292-8188
D#31042

"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Santa Fe GL 2.4 6-Speed/2012 Elantra L 6-Speed/2012 Sonata GL 6-Speed/2012 Tucson L 5-Speed with an annual finance rate of 0%/2.65%/1.29%/1.29% for 84/72/84/84 months. Bi-weekly payment is $142/$121/$140/$126. No down payment is required. Cost of Borrowing is $0/$1,424/$1,118/$1,003. Finance offers include Delivery and Destination of $1,760/$1,495/$1,665/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2012 Elantra L 6-Speed for $17,344 at 2.65% per annum equals $121 bi-weekly for 72 months for a total obligation of $18,788. Cash price is $17,344. Cost of Borrowing is $1,424. Example price includes Delivery and Destination of $1,495. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. 0% payments for up to 90 days: payment deferral is available on all new in-stock 2011 or 2012 Hyundai models except Equus and Veloster and only applies to purchase finance offers on approved credit. If payment deferral is selected the original term of the contract will be extended by 2-months/56-days for monthly/bi-weekly finance contracts. Hyundai Auto Canada Corp. will pay the interest of the deferral for the first 2-months/56-days of the monthly/bi-weekly finance contract. After this period interest will start to accrue and the purchaser will pay the principal and interest monthly/bi-weekly over the remaining term of the contract. ‡AutoPacific Vehicle Satisfaction Award for Best Compact Car awarded to the 2011 Elantra Sedan. ▼Fuel consumption for 2012 Santa Fe GL 2.4L 6-Speed Manual FWD (HWY 7.7L/100KM, City 11.0L/100KM)/2012 Elantra L 6-Speed (HWY 4.9L/100KM, City 6.8L/100KM)/2012 Sonata GL 6-Speed (HWY 5.7L/100KM, City 8.7L/100KM)/2012 Tucson L (HWY 7.4L/100KM, City 10.1L/100KM) are based on Manufacturer's testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †IOffers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ıBased on the November 2011 AJAMC report. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.